

DAY 4 RECIPES

Tuna Pasta Salad *Makes 4 servings, 1 ½ cups each*

2 cups macaroni, uncooked	¼ cup carrots, sliced
2-6½ ounce cans tuna, canned in water	⅓ cup onions, diced
½ cup zucchini, chopped	¼ cup salad dressing, mayonnaise type

1. Cook macaroni according to package directions. Drain.
2. Drain tuna.
3. Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.
4. Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.
5. Chill until ready to serve.

Chicken and Vegetables *Makes 4 servings, 1¼ cups each*

1½ Tablespoons soft margarine	¾ pound chicken thighs
1 teaspoon garlic powder	16 oz. package of green beans, frozen
½ cup onions, chopped	¼ teaspoon pepper

1. Melt margarine in heavy skillet. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet.
2. Place chicken in the skillet. Cook over medium heat, until chicken is thoroughly done. Remove chicken from skillet; keep warm.
3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes.
4. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

Scalloped Potatoes *Makes 4 servings, 1½ cups each*

2 lbs. potatoes	3 Tablespoons flour
2 Tablespoons soft margarine	¼ teaspoon pepper
1 cup onions, sliced	2 cups milk*

1. Wash potatoes; peel and slice into thin slices.
2. Melt 1 tablespoon of margarine in heavy, deep skillet. Remove skillet from heat; spread half of potato slices in skillet.
3. Cover potatoes with onions. Sprinkle half of flour and pepper over potato mixture.
4. Add remaining potato slices, flour, and pepper. Cut 1 tablespoon of margarine into small pieces and place on top of potato mixture.
5. Pour milk over potato mixture; bring to boil over high heat. Reduce heat to medium low, cover, and cook until potatoes are tender, about 15 minutes.

*Use fat-free or low-fat milk.

DAY 4 RECIPES

Baked Crispy Potatoes *Makes 8 servings, ½ cup each*

4 lbs. potatoes
4 Tablespoons vegetable oil
1 teaspoon ground cumin
¼ teaspoon red pepper

1. Mix oil, cumin and red pepper.
2. Wash potatoes; cut in half lengthwise.
3. Place potatoes in 9 x 13-inch pan. Coat the potatoes with the oil and spice mixture.
4. Bake at 400 degrees until potatoes are golden brown and tender, about 30 minutes.